

Grilled Cauliflower

Wash thoroughly and slice before preparing the grill safe vegetable packet. Separate cauliflower into bite sized pieces. Soak in butter, or oil, before grilling. Grilled cauliflower can cook unevenly. Cooked cauliflower looks and tastes similar to mashed potatoes, and is occasionally used in place of potatoes in recipes. However, due to high fiber content, avoid a sudden swift change in dietary fiber amounts consumed, or unwelcome pain and discomfort will occur. Cauliflower is often ready to be picked and eaten far before potatoes, and is an early garden substitute. It's not difficult to grow, although garden pests also like it.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan:

Grill safe aluminum pan, or

**** Grill packet**

**** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits

Vegetables:

15 ounces of cauliflower

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

- 1. Wash and chop 15 ounces of cauliflower.**
- 2. Add to grill safe aluminum pan, or * grill packet:**
 - 1 tablespoon of butter**
 - 15 ounces of cauliflower**
 - Dash of salt**
 - Spices, such as pepper, to taste**
 - Optional:**
 - 1/4 cup of bacon bits**
- 3. Close packet and place on grill.**

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.